



CHAPA-DE
INDIAN HEALTH

**Passionate People.
Compassionate Care.**

AUGUST 2024

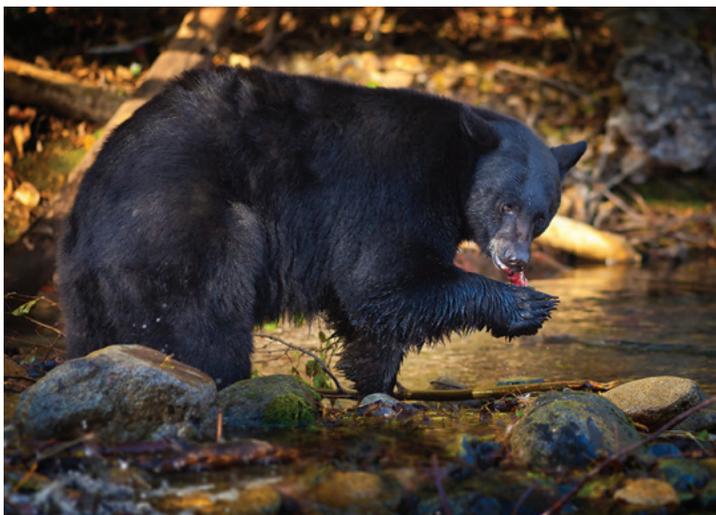
CHAPA-DE News



CONTINUING IMPORTANT CULTURAL TRADITIONS: THE CALIFORNIA BEAR DANCE

by Sami Enos

We were blessed to have The Razzle Dazzle Intertribal Youth Program come to our All Staff Meeting and 50th Anniversary Celebration in May. Razzle Dazzle is working with native youth in the region to bring awareness and educate about the California Bear Dance. As many people know, our Bear Dances are for healing ceremonies. Having a Bear Dance at our employee anniversary party was a meaningful way to celebrate 50 years of service to our native patients and community.



Bear Hunting for Salmon, Taylor Creek, Lake Tahoe, CA

The Razzle Dazzle Intertribal Youth Program is fiscally sponsored by the Healing and Reconciliation Institute (HRI). HRI is a tax-exempt 501(c)(3) organization and their mission to address historical and ongoing harms by facilitating a framework for repair. It was this calling that lead

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Auburn Health Center
11670 Atwood Rd., Auburn, CA 95603
(530) 887-2800

Grass Valley Health Center
1350 E. Main St., Grass Valley, CA 95945
(530) 477-8545



PLEASE JOIN US!

**CHAPA-DE 50TH
ANNIVERSARY
COMMUNITY
CELEBRATION**

**Saturday, September 7, 2024
Stop by between 11 a.m. – 3 p.m.**

**Chapa-De Indian Health
11670 Atwood Road
Auburn, CA 95603**

Join us as we reflect on our first 50 years and celebrate with our community.

Light refreshments will be served.

**EVERYONE IS WELCOME! Especially Elders, current and former Board Members,
and long-term patients and staff!**

MISSION STATEMENT

The mission of Chapa-De Indian Health is to advance the health and well-being of American Indians and low income individuals living in our communities by providing convenient access to high-quality, compassionate care.

LIST OF SERVICES

- Dental
- Medical
- Behavioral Health
- Optometry
- Prenatal Care
- Pharmacy
- Diabetes Program
- Lab/Phlebotomy
- Substance Use Disorders
- Classes and Support Groups
- Telehealth

BOARD OF DIRECTORS

Chapa-De's Board of Directors is made up of members from our sponsoring tribe, the United Auburn Indian Community.



Brenda Adams,
Chair



Gene Whitehouse,
Secretary



David Keyser
Vice-Chair



Jason Camp,
Member



John L. Williams,
Member

We acknowledge that we are on the traditional lands of the Nisenan, Miwok and Maidu, past and present, and honor with gratitude the land itself and the Nisenan, Miwok and Maidu people.

CHAPA-DE EMPLOYEES CELEBRATE 50 YEAR ANNIVERSARY

By Aimee Sagan

In May, the Chapa-De team came together at The Grounds in Roseville to celebrate our 50th anniversary. In addition to the nearly 300 Chapa-De employees in attendance, we were fortunate to have a variety of individuals and groups attend and help make it a memorable day. Honored guest speakers included Chapa-De Board Chair Brenda Adams, Board Member David Keyser, General Counsel Howard Dickstein, and Nisenan/Mewuk Traditionalist Ralph Troy Hatch. Indian Tacos and other delicious lunch items were served-up by Wailaki's Indian Tacos, Sierra Native Alliance and Kaliko's Hawaiian Food Truck. Then in the afternoon, Chandra Cortez led groups in making dream catchers, Sierra Native Alliance's Youth Suicide Prevention Program raised awareness and led a bracelet making activity, Sherri Tatsch engaged attendees in games and activities in the Nisenan and Miwok languages, Mignon Geli played flute, Sonia Keller brought the Chapa-De drum Ishka, Sam Lopez sang a traditional Lakota song, Ralph Troy Hatch led The Miwok Dancers, and Razzle Dazzle led the young bears in a bear dance.

It was a day of celebration and connection - the perfect way to honor all the staff members who came before us and the many more who will contribute to Chapa-De over the next 50 years.



CHAPA-DE
INDIAN HEALTH

Celebrating 50 Years



CONTINUING IMPORTANT CULTURAL TRADITIONS: THE CALIFORNIA BEAR DANCE

Continued from page 1

HRI to work with Razzle Dazzle, a well-known spiritual leader in the Sacramento area. Razzle Dazzle works with children and youth between the ages of 5 and 18 years of age.

The Razzle Dazzle Intertribal Youth Program serves the young people of Northern California's inner cities, providing them with exposure to new experiences and connections to Native circles and environments. He empowers change in the lives of those most at risk of gang violence, depression and multi-generational urban poverty. He does this by creating opportunities for improved self-esteem and positive relation to culture and community. These experiences and connections foster leadership, pride, and wellness of mind, body and spirit.

We hope you will visit these web links to learn more about Razzle Dazzle's efforts to allow these young people to step outside their day-to-day neighborhoods and expose them to the rich diversity of beauty available to them, addressing a vital connection to cultural identity and empowering their roles as future leaders.

Sources and more information:

- <https://www.hricommunity.org/fiscalprojects/razzledazzle>
- <https://www.ucdavis.edu/news/sing-dance-remember-patwin>

CONGRATULATIONS TO THE 2024 APRIL MOORE MEMORIAL SCHOLARSHIP RECIPIENTS

Congratulations to the 2024 April Moore Memorial Scholarship recipients! We are proud to announce that seven students pursuing higher education will be awarded \$1,000.00 each with a scholarship for the 2024-2025 school year.

Molly Briggs will be attending Baylor University again this fall with a major in Business Finance/Accounting and a minor in Economics. After graduating from college, Molly hopes to work in investment banking. She also hopes to build a community at Baylor where she can raise awareness of what it means to be American Indian today and support other native students who are striving for a college education.

Corey Ellis will attend UCLA this fall to pursue a degree in English after completing coursework at Sierra College. He is currently in the final works of his first novel that details his family's history of living in Nevada County for five generations. After graduating from college, Corey looks forwards to returning to his hometown of Grass Valley with not only a degree but a broadened view of the world.

Zachary Hatten attends Sierra College and is studying Nursing. He plans on becoming a Registered Nurse (RN) in either the Emergency or ICU (Intensive Care Unit) departments. As a descendant of the Karuk Tribe, it is part of his life's mission to help people in times of need, especially those in the Native community.



Zienna Hatten will be attending Boise State University this fall, pursuing a Criminal Justice major. It is her passion to learn more about law and order and how the judicial system works and how it can be improved. Her ultimate career goal is to become an FBI agent. She hopes to use all the knowledge she obtains to give back to American Indian communities.

Zoey Hatten attends Sierra College with hopes of one day entering the medical field. Her career ambitions include becoming a Registered Nurse (RN), inspired by both her grandmother and her brother, Zach, who is also studying nursing. Zoey plans to use her education and career to give back to the American Indian community by sharing all the skills and knowledge she gains throughout her life.

Isabella Nguyen is studying Anthropology at Portland State University. Her life goal is to serve, empower, and motivate American Indian youth and families navigating the challenges of language loss and underrepresentation within their tribe. With her degree, she hopes to use technology to bring new life to native languages and showcase cultural heritage through film.

Andres Ramos is working toward his Doctor of Medicine (MD) at UC Davis School of Medicine. With his medical degree, he looks to specialize in orthopedic surgery. Andres plans to practice medicine that is culturally relevant to American Indian patients while also addressing other factors that negatively affect the health of American Indian communities.

What is the April Moore Memorial Scholarship Program?

April Moore served 26 years as a Board Member and Chair of Chapa-De Indian Health before passing away in 2015. She spent her life working to advance the American Indian Community and helped make Chapa-De the compassionate and robust healthcare system that we are today. One of the ways April Moore's memory and legacy lives on at Chapa-De is through this scholarship program. American Indian students who are attending or planning to attend college or a technical, trade, or vocational school are eligible to apply each year. Visit chapa-de.org for more information on how to apply.

COYOTE AND HEN

This traditional tale is believed to be a Mayan fable that is now shared throughout many tribes

A long time ago a very smart hen was perched on the branches of a beautiful tall tree. A sneaky hungry coyote came along and thought hen looked very tasty, and he was hungry. The coyote thought of different ways to get hen down, so he thought of a sneaky idea.

"Hen!" He said with excitement, "I have good news for you! Would you like to hear it?" Hen was curious but did not trust coyote. "Tell me the good news coyote," said hen. "Well," the coyote said, "a peace treaty has been signed by all the animals so that now we can all be friends so please come down and give me a hug so we can celebrate." Hen did not trust coyote and asked if he was telling the truth. Hen asked coyote, "where was this peace treaty signed?" Coyote answered, "on the other side of the mountain at the hunting grounds."

Hen, still not trusting coyote asked again. The coyote insisted he was telling the truth. "Ah ha," thought hen, she knew coyote was up to something. Hen said, "I would love to come down and make peace and give you a hug, but I can see that someone else is coming from over that way." Coyote asked, "who do you see?" and hen said dog is coming. The coyote began to shake with fear. Dog scared him and coyote knew he was not telling hen the truth about the peace treaty. Hen said, "I can see dog is getting closer! He must have heard of this good news too! He looks happy and probably wants to celebrate with us." Coyote, still hungry and scared, says, "Oh never mind," and took off running to the other side of the mountain as fast as possible.

Hen, still perched in the tree, just laughed at him as he ran away.





AMERICAN CHESTNUT – THE FALL AND POSSIBLE RISE OF AN ANCIENT GIANT

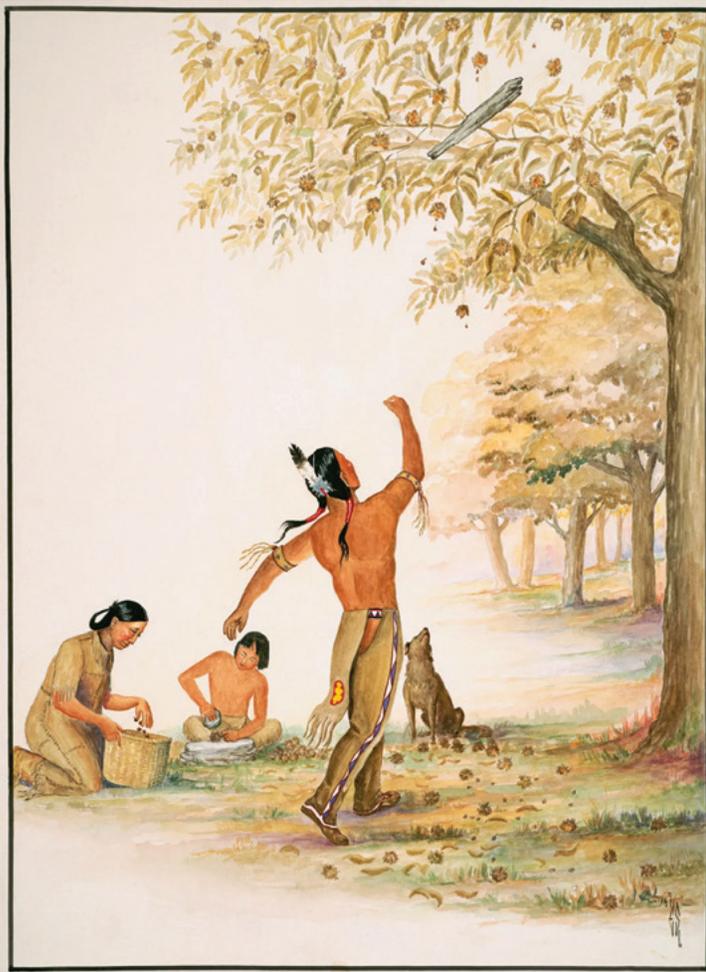
By Sunie Wood

They were called the redwoods of the East and the perfect tree. To many Eastern tribes, their nuts were a major food source. They were the American chestnut tree (*Castanea dentata*). They were a keystone species on millions of acres. It was said that a squirrel could travel from New England to Georgia only touching American chestnut trees. Their massive trunks could reach 10 feet across and their canopies soared a hundred feet above and produced 6,000 nuts a year at maturity. They were carefully tended by original peoples across the Eastern United States and Canada who would clear and burn around the groves to increase nut production and encourage new seedlings to grow. The nuts were delicious and nutritious and eaten roasted or made into flour. Bears, deer, racoons,

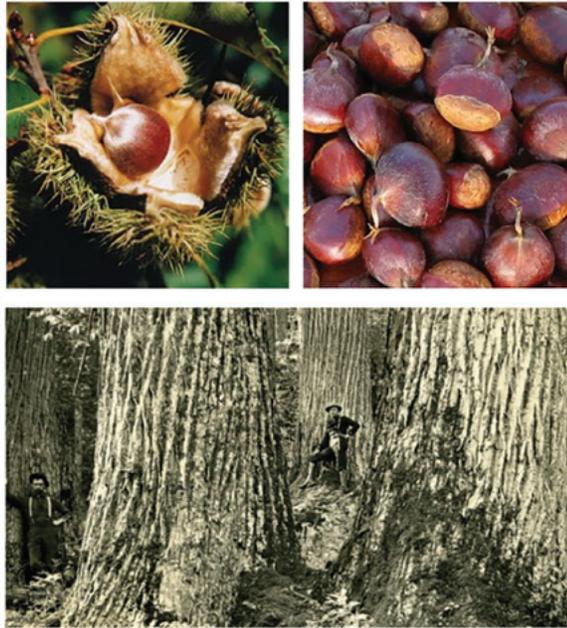
and many other wildlife also ate the nuts. Like the people who nurtured them, American Chestnut trees became victims to people and diseases arriving from overseas.

As early as the 1600's, these mighty trees began to be cut down by early settlers for land development and profit. The wood was naturally resistant to rot and became much sought after for building ships, homes, and later railroad ties. It was called a building material from cradle to grave as it was used for beds for babies, furniture, and for coffins. England, having already cut down most of their forests, sent crews here from overseas to ship millions of board feet of timber back to their country. By the early 1900's, most of the old growth forests in the Eastern United States, including the American chestnuts, had been cut down. Second-growth forests were filling in areas that were not developed. Then, unfortunately, in 1904, a deadly disease hit. Chestnut Blight, a fungal disease, came from imported Japanese Chestnut trees. The American Chestnut trees had no natural protection. It is estimated that 4 billion chestnut trees died from infection in less than 50 years. Ecologists call it the biggest ecological disaster of the 20th century. The trees are considered functionally extinct which means they can't reproduce enough to keep the species going. It changed the forests forever.

Why are we talking about this environmental disaster 120 years later? Because a controversial new tree may be headed for our forests. In 1983, The American Chestnut Foundation was formed by a group of prominent plant scientists. Their goal is to produce an American Chestnut tree that can resist the Blight and be planted back into the wild forests. Decades of research have produced Darling 54 and Darling 58. They are two genetically modified American Chestnut trees that have genes of wheat introduced into their DNA. They are showing Blight resistance while retaining the unique qualities of the original American Chestnut. Yet, in doing so, more than 1,000 pieces of DNA have been changed. This is not the American Chestnut of the past.



Gathering Chestnut by Ernest-Smith



Every detail of the scientific research is reported to the U.S. Department of Agriculture (USDA). But a mislabeling incident at the State University of New York College (SUNY) in the Environmental Forestry Research program has The American Chestnut Foundation backing out of supporting the new trees. They are claiming poor performance by both the genetically engineered (GE) trees and are supporting other research such as cross breeding. Because they are GE trees, they will need to be deregulated by the USDA before being planted on public lands. It is the first time a tree with modified genes has ever been introduced into the wild and it might happen this year.

Most people agree that it would be beneficial to have American Chestnuts return to our forests for many reasons but are not sure if GE trees are the way to achieve that. There has been a lot of opposition to deregulating the trees and the USDA opened the topic for public comment. Many tribes are skeptical about growing 'manmade' trees and feel it is wrong to manipulate nature in this way. Public comment included this statement from the Indigenous Environmental Network, an inter-tribal organization dedicated to environmental preservation:

"Today, there remain large areas of traditional and treaty lands on which much is forested and managed as sovereign territory of many different Native American Peoples. These forests are not only a source of economic self-determination but hold great cultural

significance to include sacred sites where the trees are an element of sustenance, knowledge and familial identity. Every living being within the forests are related in some form and nothing within these lands lives in isolation, therefore changing or altering the original instructions of any one or any part of these elements threatens the natural order established over millennia."

Others say perhaps the American Chestnut was meant to go extinct like the dinosaurs. Some tribal members recall stories from their Elders about the abundance of food that came from the trees their ancestors evolved with. The trees were an important part of their culture and for that reason, some tribes may be willing to take a chance and plant the new trees on tribal land if they become deregulated.

Our mighty buffalo almost reached the point of extinction but are now making a comeback through restoration efforts. Only time will tell if and how the American Chestnut will also return.

Sources and further reading:

- <https://www.ienearth.org/about/>
- <https://www.ourstate.com/american-chestnut/>
- <https://taf.org/words-for-chestnut-in-indigenous-languages/>
- <https://www.rescuingtheamericanchestnut.com/> (documentary)



CONNECTING FOOD & WELLNESS THE NATIVE WAY

By *Cheyenne Mulder*

Nutrition and food are integral parts of our lives, especially when it comes to Native ties to family, culture, and tradition. Some of the best practices Natives can do to stay healthy is to adopt more of the cultural customs our people have relied on for centuries. This includes eating a wide variety of foods gifted from the land, such as fresh fruits, nutritious vegetables and nourishing whole grains. Spending more time doing outside activities that keep the body moving while soaking in the sun, wind, rain, and other elements can also be very beneficial to one's overall health. Learning and appreciating what the day gives, in food, spirit and opportunity can help create a better perspective that can lead to improved physical and emotional health for Native people.

In today's day and age, mainstream culture has adopted a more "Food as Medicine" approach, which is a method strongly rooted in Native customs. Expanding on these ideas can help prevent diseases such as diabetes, obesity and heart disease, as well as help treat some of these conditions through Medical Nutrition Therapy. Traditional foods include beans, corn, squash, breads made from acorn flour, fresh fish, and stews prepared with slow cooked meats and vegetables. The more mainstream "Native" foods such as Fry bread and Indian Tacos are fairly new and can

be what most people may think of versus traditionally consumed staples mentioned above. Needless to say, Fry bread is still delicious and a nostalgic favorite, often coinciding with strong family discussions on which Auntie makes the best ones.

The truth is, in a healthy, well-balanced diet, ALL FOODS CAN FIT! The key is learning how to make meals that are nutritionally balanced but also provide joy from the mealtime experience. Practicing portion control, adding additional servings of veggies with meals, and trying fruit as snacks are just small ways to improve daily dietary intake with ingredients available at the store. Natives in the past had a diet rich in fresh produce, proteins and homemade breads and grains. They lived off the land and respected the great offerings provided. Recreating this kind of relationship with food can help Natives rediscover their roots, and reinstate an eating pattern first established by their ancestors, even if the 'hunting and gathering' now takes place in the grocery store!

Here at Chapa-De Indian Health, we try to foster healthy dietary practices through our garden projects. These are maintained and cared for by our Chief Gardener and Diabetes Department at both our Auburn and Grass Valley Health Centers. This summer, our seasonal produce lineup includes a variety of squash like Cocozelle, Fordhook zucchini, butter dish, as well as cucumbers, melon, Emerite pole beans, several varieties of tomatoes and peppers, eggplant, and gorgeous sunflowers. The produce grown in our gardens is given to our patients and usually includes a recipe or two to help spark some ideas for meal planning. The gardens are just one way we support our patients with additional resources to promote wellness.

Being healthy encompasses so many aspects, which is why it is important to check in regularly with a care team, including a primary care physician, dental staff, therapists, registered dietitians, community health advocates, and any other practitioners available to help make sure Native peoples are getting the care and treatment they deserve.




PHOTO BY PEG SALAS

OUR HEALING GROUNDS

By Sunie Wood

As a part of Chapa-De's 50th anniversary, we wanted to reflect on our grounds. Chapa-De began to focus on our grounds after moving from a tiny building in the Auburn DeWitt Center to our current Atwood Road location in 1992. We suddenly had land around us. Land that could help our patients start healing before they even enter the doors.

The water in the old fountain located in Chapa-De's courtyard has now sparkled with coins for over 29 years. The coins are tossed in along with a wish. The simple fountain, which was purchased at the Auburn Lumberjack (now Tractor Supply), was added specifically to provide a healing environment. It has been enjoyed by thousands of patients over the years. For some, it is a ritual to throw a penny into it every time they visit our facilities. It sits comfortably under the large oak tree where birds use it for bathing and a drink. "I saw two robins in the fountain this morning," said one of our security guards, "and one of them was chest deep in the water." Children are drawn to it and it is a peaceful place for people to sit while waiting for their appointment or a loved one. That fountain has seen better days. The finish is worn off and it has developed some hairline cracks. But it has gained a certain patina with age and the calming effect it brings to that space remains strong.

The pond in front of our Atwood Dental Building was created for practical reasons. When Chapa-De first purchased this building, the area in front was a swampy, muddy mess. It catches all the rainwater off

the roof and from neighboring properties. It needed a creek bed to drain the water away. While excavation for what was planned to be a narrow creek was being dug, the tractor operator mistakenly dug a huge hole. Although we never intended to put a pond in, we decided to leave the large hole and fill it with a pond liner and water. It was a happy mistake, and the pond has been a favorite area of the gardens for many years. Our patients like to take their children to the edge to see the fish and enjoy the sound of the water.

Water features have been used in healing gardens for thousands of years. Water itself represents life. Chapa-De has incorporated water features into our campuses to provide our patients with a sense of healing. The sound of water can sooth the soul and drown out city noises. Water also brings in nature like birds, butterflies, dragonflies, and even frogs and turtles!

The water features in Auburn were so popular, we added them to Grass Valley as well. The bubbling rocks and creek is particularly well loved. One hot summer day, we watched a large red tailed hawk land on the edge of our Grass Valley creek. Then he hopped right into the water and just stood there cooling off for about an hour before flying off. The water features and native plants have brought many different animals over the years. It provides habitat for them and it is a way for us to stay connected with nature in a built environment.

Nature nurtures the body and spirit.



Breast Feeding Support Group

Join us for this special time with Chapa-De's Lactation Specialist and other new parents in the community dedicated to discussing all things breastfeeding.

Topics include:

- Breastmilk and your diet
- The different parts of breastmilk
- How often you should be feeding your baby
- What is a good latch
- Any pain with breastfeeding
- Different positions and holds
- Pumping and bottle-feeding
- And more!

Fed is best. We support you and your growing baby, breast feeding or formula feeding. Call us for any questions.



When

Thursdays at 10:00AM
Conversaciones en español disponibles



Where

Chapa-De Auburn
Building A Diabetes
Conference Room

Learn more about our
Prenatal Program:



BABY LUV PROGRAM



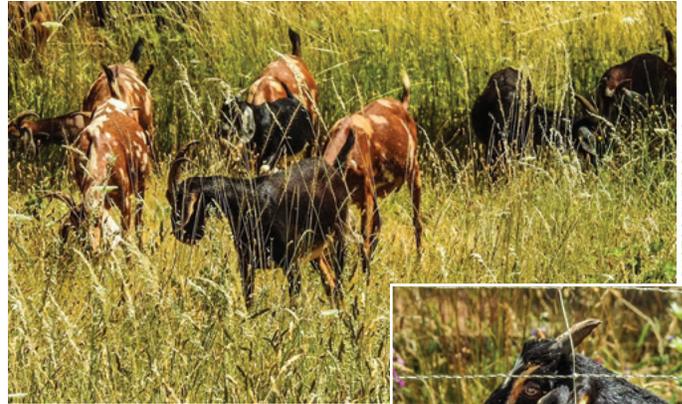
(530) 863-4681



CHAPA-DE
INDIAN HEALTH

CHAPA-DE USES GOATS TO REDUCE WILDFIRE RISK By Sunie Wood

Wildfires are a serious problem in our area. Each year, Chapa-De does extensive clearing and vegetation management around all our facilities to maintain defensible space which reduces fire risk. This year, we decided to try a new approach to reducing tall weeds and brush at our Grass Valley location. We hired a herd of goats from First Rain Farms in Nevada City to eat down the vegetation. This ecofriendly approach to land clearing is being used in our area by businesses, homeowners, and even municipalities like Nevada City, Placer County, and the City of Rocklin. The animals can access steep, rocky land where it would be hard to get people with weed eaters or mowers in to clear the vegetation. And since the goats digest the weed seeds, there is less weeds to germinate and grow the following year. And they are so dang cute!



PHOTOS BY PEG SALAS



Attention Elders: Please Save the Date!

We are happy to announce that our annual Elder's Holiday Luncheon will take place on Saturday, December 7th at the Ridge Golf Course. We can't wait to welcome our elders and their guests to celebrate another year of good health and happiness! *Due to the popularity of this event, we will be welcoming native elders 65 years and older who have had a visit with us within the last year.* RSVPs will open November 1st so mark your calendars. Space is limited to the first 100 elders to RSVP and they may bring one guest. See you there!

ELDER'S HOLIDAY LUNCHEON

Saturday, December 7th

The Ridge
2020 Golf Course Road
Auburn, CA 95602

RSVPS OPEN NOVEMBER 1ST, 2024

RSVPs will not be accepted until November 1st. Space is limited to the first 100 current Chapa-De patients 65 years of age or older to respond.

RSVPs close Friday, November 22nd. Elders may bring one guest.

RSVP:

SAMI ENOS ADRIAN ESPINOSA
(530) 863-4682 (530) 477-9569





TAKE A STEP BACK IN TIME TO 1876

By Darla Clark

Looking for something local to do that doesn't cost a lot of money and is educational, too? Consider checking out the Nevada County Narrow Gauge Rail Road Museum (NCNGRRM). Located just a short drive off of Highway 49 in Nevada City, a trip to the NCNGRRM is like stepping back in time. Experience the Spring of 1876 to be exact, when the rail road was first constructed. The original route ran between Grass Valley and Colfax and hauled gold, passengers, mining machinery, lumber, petroleum and merchandise generally along where Highway 174 now runs.

The museum features old photos, maps, documents and exhibits, including old rail cars and an early steam automobile. There are working trains that you can ride too!

On the day I visited, volunteers dressed in period costume were welcoming and helping guide visitors. They told us where to park, sign-in, and the location



of the gift shop, museum and where to board the rail bus. The rail bus shuttles you along the tracks through a wooded area to a beautiful large meadow. Near the meadow, you can explore where a stately mansion once stood. It was owned by the Kidders who owned and operated the railroad. Nothing remains now except the sidewalks and some of the landscaping from the old estate. There is a stream that runs along the meadow lined by trees and ferns. If you look closely at the granite rocks along the stream beneath the pine needles, you can see traces of the earliest residents of the area. Grinding stones carved in the granite along the stream mark where Native people ground acorns long before white settlers moved into the area and built mansions and railroads. I could envision an entire village camped here, catching fish, hunting small game, preparing their food, raising their families and leaving few signs, except these carved mortars along the creek.

After exploring the meadow and stream areas, we boarded an open air rail car pulled by an old steam locomotive. A short way into our journey, bandits stepped out of the woods and attempted to rob us, ending in a shoot-out between the bandits themselves. Fortunately for us, they were not real bullets or real bandits. We continued on around the meadow in the steam train and saw there were two other steam locomotives running on the tracks too. I'm not really a train enthusiast, but hearing those locomotives whistle and seeing the steam billow out the top was quite a thrill.

I think the NCNGRR is an enjoyable way to spend the day for anyone from 5 to 95 who is capable of climbing up and down steep steps to board the old rail cars and explore the meadow and the museum. You can visit on Saturdays and Sundays from 10 am to 4 pm and the admission is free, although donations are appreciated to help with the expense of operating the museum and restoring more of the original rail cars.

Please be sure to check the event schedule for when the trains and railbus are running prior to visiting at www.ncngrrmuseum.org or by calling (530) 470-0902. Space is limited and reservations are encouraged.

CHAPA-DE WELCOMES MICHELLE MOORE, SUBSTANCE USE DISORDER CASE MANAGER

By Aimee Sagan

We are pleased to welcome Michelle Moore to the Chapa-De Substance Use Disorder Team. Michelle is a Registered Nurse (RN) and will serve as a Nurse Case Manager to support patients who would like to cut back or stop using substances like drugs and alcohol. Michelle will be based at our Grass Valley location and will fill the position of longtime Nurse Case Manager, Kylie Timmerman.

Kylie recently completed her education to become a Family Nurse Practitioner. We are proud that she will transition her career to help fill the urgent need for Health Care providers. This opportunity is taking Kylie to a new community and we are grateful for all her work over the last 5 years at Chapa-De. Kylie became well-known as a kind and supportive nurse in our Medication Assisted Treatment (MAT) program and has worked tirelessly to connect her patients with the most appropriate treatment options. We wish her the very best in her new role and know she will continue to make an important impact.

Michelle is excited to step into the role at Chapa-De and looks forward to making a difference. She believes that Substance Use Disorder is a medical condition that deserves the same level of care and advocacy as other conditions. She explained that, sadly, this does not always happen due to the stigma around drug use. She hopes to offer quality care with a kind and non-judgmental approach.

Michelle started working in the healthcare industry 15 years ago as a phlebotomist. Most recently, she was working as a RN in an Intensive Care Unit (ICU) before joining Chapa-De. She became a Registered Nurse (RN) about a year ago after completing an Associate's in Nursing Degree at Yuba College. She also completed a Bachelor of Science in Nursing (BSN) Degree in December at Sacramento State. She is excited to become a Case Manager because it will allow her to develop longer lasting relationships and to have a bigger impact on a patient's quality of life than what is possible during a patient's limited stay in the hospital.



Michelle Moore

Chapa-De's Substance Use Disorder Program is available to all Chapa-De patients and native community members. The program is also currently accepting new patients. For questions or support, please call 530-477-9532 in Grass Valley or 530-887-2804 in Auburn.



CHAPA-DE CELEBRATES SPRING YOMEN AT THE MAIDU MUSEUM

By Sami Enos

Chapa-De was able to have a booth at this year's Yomen festival at the Maidu Museum and Historic Site on April 27th. From 10 AM to 3 PM, The Maidu Museum celebrated the Maidu people and native California traditions with traditional dancers, artisans, crafters, beadrs and activities for the whole family. The Maidu Museum also provided free lunches to the elders and handed out free bundles of wormwood.

Emcee and story teller Kimberly Petree opened the event followed by a prayer given by Wanda Batchelor. Traditional Maidu Dancers danced two sets, one for the opening of the day's activities and then one for the closing. Kimberly shared two sessions of storytelling that was enjoyed by visitors of all ages.

The museum was free of charge for this day, and they provided multiple guided trail walks. They had native vendors selling beautiful jewelry and crafts. Along with our booth that offered Chapa-De information and resources, there was Shingle Springs Tribal TANF, Sierra Native Alliance, and other members of our communities.

It was a beautiful day to gather in celebration of spring and Maidu culture.





CELEBRATIONS, GATHERINGS & EVENTS

Yosemite Annual Big Time

The Yosemite Annual Big Time is celebrating its 50th Anniversary on August 10th and 11th, 2024 at Yosemite National Park behind the Visitor Center (9035 Village Dr., Yosemite Valley, CA 95389).

Yurok Tribe's 60th Annual Klamath Salmon Festival

This free family friendly event takes place August 17, 2024 from 9 a.m. – 3 p.m and includes a Stick Game Tournament, Indian Card Games, and starts with a Ney Puey 5k run at 10 a.m.
190 Klamath Blvd., Klamath, CA 95548

Shingle Springs Tribal Big Time

August 24th and 25th, 2024
5281 Honpie Road, Placerville, 95682

Annual Acorn Festival

September 14th and 15th, 2024
Mi Wu St., Tuolumne Rancheria, Tuolumne, CA 95379
No alcohol or pets allowed

57th Annual California Native American Day

September 27, 2024
California State Capital, 1315 10th St., Sacramento, CA 95814

National Day for Truth and Reconciliation (Orange shirt day)

September 30, 2024
Wear orange to raise awareness about the Indian residential school system still impacting Native American communities in Canada and the United States. Known as National Day for Truth and Reconciliation, the day honors the children forced into Indian boarding schools.
<https://www.orangeshirtday.org/>

Indigenous Peoples Day

October 14, 2024
Indigenous Peoples' Day is celebrated on the second Monday of October and recognizes the resilience and diversity of Indigenous Peoples in the United States.
<https://americanindian.si.edu/nk360/informational/columbus-day-myths>

Alcatraz Indigenous People's Day October Sunrise Gathering

October 14, 2024
Each year on the morning of Alcatraz Indigenous People's Day (an alternative celebration of historical Columbus Day), Alcatraz is closed for the day for regular visitors. At 5:00, 5:15, and 5:45 a.m., the ferry service brings people to the island to celebrate the Indigenous People's Sunrise Gathering. After the event, the ferries run from Pier 33 until the last sailing at 8:45 a.m., when all visitors must leave Alcatraz.
<https://www.oursausalito.com/alcatraz/alcatraz-indigenous-peoples-day-sunrise-gathering-2017.html>

Auburn Big Time Pow-Wow

Saturday, October 19, 2024
Watch for more information to be announced soon

49th Annual American Indian Film Festival

November 1-9, 2024
50 Hagiwara Tea Garden Dr., San Francisco, CA 94118
AIFF showcases feature films, shorts, documentaries, animation, music videos, and public service works of and about (USA) Native American and Canadian First Nations peoples. <https://www.aifisf.com/>

Alcatraz Thanksgiving Indigenous People's Sunrise Gathering

November 28, 2024, Pier 33, San Francisco, CA 94133
Each year on Thanksgiving morning, from 4:15 a.m. until 6:00 a.m., the ferries run every 15 minutes to the island to celebrate the Alcatraz Thanksgiving Indigenous People's Sunrise Gathering. After the event, the ferries run from Pier 33 until the last sailing at 8:45 a.m., when all visitors must leave Alcatraz.

The box office opens at 3:00 a.m. on Thanksgiving morning. You can also buy tickets in person in advance online, and at Pier 33. Purchasing tickets in advance is advised.

<https://www.oursausalito.com/alcatraz/thanksgiving-alcatraz-indigenous-peoples-sunrise-gathering.html>

Also, in November, Chapa-De will start accepting reservations for our Annual Elders Holiday Party. Please watch for information and details on how to sign-up closer to that date.



Chapa-De Indian Health
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If you no longer want to receive this newsletter, email us at Newsletter@chapa-de.org or call (530) 887-2800 ext. 2924



CHAPA-DE
INDIAN HEALTH

**Passionate People.
Compassionate Care.**

AUGUST 2024

CHAPA-DE *News*



THANK YOU FOR READING CHAPA-DE NEWS

This newsletter is intended to keep our patients informed of the latest Chapa-De news and information, offer tips and recipes for a healthy lifestyle, and feature Native American fact and fiction stories inclusive of all American Indian Tribes. Our goal is to create a publication that is educational and fun to read. If you have ideas for improvement or stories you would like us to feature, please contact us at newsletter@chapa-de.org.